

SCD *at a* glance



YES: Fruit: All fruit is allowed based on stages
Vegetables: all non-starchy vegetables are allowed, turnips included.
Meat: Non-processed meat with no non-SCD ingredients are allowed
Fish: All types. Must be unprocessed and unbreaded
Eggs: All types of eggs are allowed, preferably organic pastured eggs should be used.
Cheese: Hard cheeses aged over 90 days. Use DCC, Friendly Farmer cheese for Intro Stages.
Nuts: ALL (*Almonds, walnuts, pecans, cashews, hazelnuts, macadamia, peanuts, etc.*)
Seeds: Sesame, pumpkin etc. for advanced stages
Beans: Only dried navy, lentils, split peas, lima, black and green beans, string beans, peas cooked using SCD rules.
Homemade Yogurt: Use SCD guidelines for making yogurt from cow milk, goat milk and nut milks.
Honey: Preferably raw and/or local for sweetening.
Artificial Sweeteners: Only Sweet and Low is permitted.
Oils: Ghee, pastured butter, coconut oil and olive oil for cooking.
Other: Unflavored Gelatin

NO: Grains: Rice, corn, quinoa, millet, amaranth, buckwheat
Starches: Potatoes, rutabaga, parsnips, yams
Milk: All milk and cream based products (*Okay to use these to make the homemade yogurt, though.*)
Cheese: Ricotta, goat cheese, feta, cream cheese, mozzarella. Only cheese that is aged and low moisture content is allowed. DCC Friendly Farmer cheese is a good ricotta substitute and is allowed. Store bought yogurt. (*Dannon can be used as a starter.*)
Nuts/Seeds: None with illegal coating or that possibly has illegal ingredients used when roasting. Flax, chia and hemp seeds are not allowed.
Beans: Garbanzo, kidney beans, canned beans
Sugar: No agave, cane, brown sugar, molasses, rapadura, date or coconut sugar is not allowed.
Artificial Sweeteners: None except Sweet and Low.
Preservatives: None of any kind.
Binders/Thickeners: Agar, carrageenan, guar gum. Potato flour, rice flour, sorghum bean flour are not permitted. Feeds bad gut bacteria.
Oils: No vegan butter products, soy bean oil, canola oil.
Other: Stevia, carob, whey powder, margarine, FOS (*fructooligosaccharides*), seaweed or seaweed products.
MAYBE: Balsamic Vinegar, canned foods with no illegal ingredients (*may still contain BPA*), Saccharin (*allowed but possibly not healthy*). Stevia may be tried after 2 years on diet.

INTRO DIET

Broth: Kitchen basics or home-made both broth
Eggs: Organic pastured eggs. Omit if having acute diarrhea
Juices: 100% apple cider and grape
Gelatin: Knox, Bernard Jensen, Great Lakes
Meat: Roasted, boiled or broiled. Chicken, beef, turkey, lean pork, lean game meats. No ham or bacon (*advanced*)
Carrots: Peeled & cooked for 4 hours.

STAGE 1

Veggies: Spinach, butternut and acorn squash
Fruit: Ripe banana (*brown spots*), applesauce and pear sauce
Meat: Same as Intro Diet.
Nut Milk: Homemade coconut milk, blanched almond, pecan milk is permitted if tolerated. Same with nut milk yogurts

STAGE 2

Veggies: *Peeled, seeded and well cooked:* asparagus, cucumber, green beans, peppers, mushrooms, pumpkin & other winter squash.
Fruit: *Peeled, deseeded and cooked:* apricot, avocado (*cooked & raw*) peach, pineapple, plum, tomato
Meat: Same
Nuts and Seeds: *Nut butters:* almond, pecan. *Nut milks:* cashew, hazelnut, macadamia nut milk

STAGE 3

Veggies: *Peeled as appropriate and cooked:* Beets, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celeriac, celery, Chinese cabbage, collards, eggplant, kale, leek, lettuce, lima beans, onions, parsley, spaghetti squash, swiss chard, watercress
Fruit: *Peeled, seeded and cooked:* Blueberry, blackberry, cantaloupe, cherry, date, elderberry, fig, gooseberry, grapefruit, kiwi, kumquat, lemon, lime, mango, orange papaya, passion fruit, strawberry, tangerine, watermelon.
Dried Fruit and Raisins: Well cooked in water and plump and soft. Raisins are more advanced than other dried fruit.
Meat: Crisp fried pork or legal bacon can be used.
Nuts and Seeds: Same as Stage 2

STAGE 4

Veggies: Raw vegetables are now introduced.
Fruit: All peeled and deseeded but may be raw. Apples, pears, peach, persimmon, grapes.
Meat: Battered with almond flour and deep fried can be added
Nuts and Seeds: Coconut flour, walnut and macadamia flour can be introduced as well as nut pieces and coconut flakes.
Legumes: Split peas and lentils, lima, and navy beans soaked and well cooked.

STAGE 5

Veggies: All, raw
Fruit: All, raw
Meat: All include dried meats like jerky
Nuts and Seeds: All, whole pieces
Beans: Black and Kidney beans can be allowed, plus allowed beans prepared according to SCD rules

No more than 2-5 days on Intro Diet • If symptoms are not resolving move back one stage • If in flare, eat Intro Diet for 2-5 days then reassess • When moving to the next stage, include the foods that you have eaten in previous stages • When introducing new foods, wait a day between the new food and introducing the next food If symptoms, wait for them



to clear before resuming reintroduction • All Fruit and veggies should be peeled, deseeded and very well cooked until stage 4, then just peeled • Stage 5 allows raw fruit and veggies to be tried, whole nuts and seeds, and SCD beans may be tried during this stage • If symptoms get worse on moving up a stage, move back by 1 stage until better.

BOOKS.....

“**Breaking The Vicious Cycle**” by Elaine Gottschall
(original SCD rule/recipe book)

COOKBOOKS

“**Eat Well Feel Well**” by Kendall Conrad
“**Recipes for the Specific Carbohydrate Diet**” and
“**Adventures in the Family Kitchen**” by Raman Prasad
“**Cooking to Heal Little Tummys**” by Jenna Roberts and
Natalie Hagood
“**Cooking for the SCD**” by Erica Kerwein
“**Lucy’s SCD Cookbook**” by Lucy Rosset
“**Grain Free Gourmet**” by Jodi Bager and Jenny Lass

WEBSITES.....

Many websites may have conflicting information. We suggest these websites as core resources for recipes and lists of approved foods.

www.breakingtheviciouscycle.info
www.scdrecipe.com
www.pecanbread.com
www.lifewithibd.com
www.nomorecrohns.com
www.lucyskitchenshop.com
www.digestivewellness.com
www.comfytummy.com

TROUBLESHOOTING.....

Constipation: Prunes/prune juice (2-3 prunes daily and/or 4 oz of warmed 100% fruit juice 1-2 times per day), warm liquid and broths, less or no cheese. Gentle exercise such as bicycling the legs or walking. Hot packs over abdomen.

Diarrhea: No fruit juice in am. Cook, peel and deseed fruit and vegetables. Go back one stage in diet until symptoms resolve.

Weight Loss: Ensure multiple high calorie meals per day are being consumed. Full fat meat as tolerated, increase avocado and coconut products. Increase intake of nuts and seeds as able. Small frequent meals if not hungry.

Weight Gain: Eat more fruit and veggies, less nuts, seeds and higher fat meat and cheese

Nausea: Ginger tea or ginger added to food, smaller meals more rich in fruit and veggies, less protein and fat.

Light-headedness: Ensure adequate calories are being consumed, eat 200 calories worth of food every 2 hours.

GERD/Indigestion: No food for 2 hours before laying down if GERD is worse on laying down at night. Pinch of baking soda in water. Sauerkraut juice sipped before a meal.

Flares: Go back to intro diet soup for 12 hours, followed by intro diet (up to 3 days max). Often takes 7 days to return to normal. Some bacteria/candida produce a biofilm coating the colon and flares should be expected every 2-3 months for 12-15 months until die off kills off residual spores.

Brain Fog: Memory lapses, inability to make decisions, general confusion, disoriented. Follow Detox instructions and intro diet protocols until feeling better.

Joint pain: Go back to the intro. diet and cut back on honey for several days. Soak in Epsom salt baths.

Detox symptoms: Reactions can include symptoms such as: anxiety, poor behavior, diarrhea, nausea, light-headedness. Often detox reactions are worse when first starting diet but may persist longer. Soak in 1 cup of Epsom salts up to 4 times a day. If symptoms worsen after bath, reduce to ½ cup and 1-2 baths.

Fatigue: (Expected during the intro. diet) May be intermittent for periods up to 2 years as the body adjusts and the gut ecology is normalized. As bad bacteria dies off you will have periods of fatigue and flu like symptoms. Drink plenty of water and rest. If the Herxheimer reaction (detoxification) occurs (shaking and withdrawal like symptoms persist), add more fruit and honey to your diet.

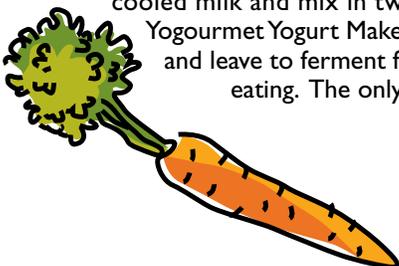
STARTER RECIPES.....

Banana Pancakes: Puree one egg and one ripe banana in food processor then lightly fry batter in a buttered skillet. May double or triple recipe and they freeze great!

Almond Butter Muffins: 4 eggs, 1 cup of almond butter (can sub other nut or seed butters as well). 1 tsp. of baking soda, ¼ tsp. of salt. Mash together or use food processor and bake at 325°F in a muffin tin 8-10 min. May also add ½ cup of applesauce, nuts, dried fruit, spices, honey or up to 2 bananas to this recipe as well.

Cinnamon Raisin Bread: 4 eggs, ¾ cup almond butter, ¼ cup of almond meal/flour, 2 tablespoons honey, ½ tsp. salt, ½ tsp. baking soda, 1 tsp. ground cinnamon, 1 cup raisins. Line small 4x7 tin with parchment. Blend all ingredients in food processor or mixer, adding ½ cup raisins manually. Add ½ half cup raisins to batter already in tin. Bake for 350° for 35-40 mins. Makes excellent French toast

Homemade Yogurt: bring 2 quarts of milk of choice to a boil in a double boiler then cool to 100-108°, take small amount of cooled milk and mix in two packets of Yogourmet yogurt starter then pour this and rest of cooled milk into Yogourmet Yogurt Maker batch container (turn yogurt maker on and fill outside container with water to line) and leave to ferment for 24-36 hours. After it is done, transfer to refrigerator for at least 8 hours before eating. The only approved commercial yogurt to use as a starter is plain Dannon Yogurt.



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